Carrots are good food

By Shirley W. Walton
Extension Agent
Carrots–Nutritious and Delicious

Would you like to buy a good tasting vegetable that contains Vitamin B1, Vitamin A and a small amount of Vitamin B2 and C for a very reasonable price? Then why not consider carrots.

A carrot is a long reddish-yellow root vegetable that belongs to the parsley family. People in all parts of the world grow carrots in their backyard gardens. In some countries, people use the leaves and stems of carrots to help flavor meat.

In America, we eat the root of the carrot plant. It takes gardeners in the Northern United States approximately 100 days to grow a crop of carrots. In our part of the country, we usually can harvest carrots from our gardens in about 75 days after planting.

Why not consider planting some carrots in your backyard garden this year? Would you believe that you could get 24,000 carrots from one ounce of seed? That's right. It is estimated that approximately 24,000 seeds are in one ounce. Carrots are produced from these very tiny seeds and are planted in rows of about 1-½ to 2 feet apart. The plants grow best in deep, rich soil that contains a lot of sand or muck. The hard, stick-together type soils do not produce as good a crop of carrots.

People eat carrots raw, in salads or boiled. In some places, carrots have been ground and roasted and used as a substitute for coffee. How many of you have ever drunk carrot coffee? A substance called carotene comes from carrots. Carotene is a substance used by the human body to produce Vitamin A. Carrots are also rich in other nutrients as mentioned above and are quite rich in natural sugar and contain much iron.

Did you know that the ancient Greeks and Romans used carrots for medicine, but not for food? The colonists in Virginia and Massachusetts raised carrots to eat. The carrots that we enjoy in the supermarket and grow in our communities originated from forms grown in Mediterranean. By the 13th Centruy, carrots were well established as a food in Europe and came to America where the first settlers and Indians soon learned how to grow them.

Carrots are usually sold in plastic bags with the tops removed. Most of the carrots now marketed are harvested before they reach full maturity. Carrots of high quality are firm, well colored, smooth and well shaped. (I have noticed recently that some carrots in the grocery store have splits in them. Be sure you cut this portion away before eating the rest of the carrot.)

Carrots are an adaptable, tolerant, vegetable. We can mismanage and even ignore them in the garden and they still will supply food for a long period of time. Why don't you consider planting some delicious, nutritious carrots this spring?

Many thanks to those of you who read our column weekly. Some of you have suggested that we do articles from time to time on specific vegetables. We have done articles on cranberries, apples and had a request to do this article on carrots. It is fun to do research and learn about how different vegetables originated. Many of them we take strictly for granted because we are used to having them and don't realize what a rich heritage a fruit or vegetable might have.

If you have a homemaking question or problem, you may call us at 352-8244 or you may write us at P. O. Box 488, Appomattox, Va. 24522.

Have a good week!

RECIPE OF THE WEEK
Corn Light Bread

1 teaspoon soda
1 teaspoon salt
¼ teaspoon baking powder
2 cups water ground corn meal
½ cup sugar
4 tablespoons bacon fat or cooking oil
2 cups buttermilk
½ cup flour

Mix sugar, salt, soda and baking powder in a bowl and add buttermilk. Stir well. Add corn meal and flour, alternately. Melt fat in loaf pan and add to the mixture. Sprinkle a little corn meal in the bottom of loaf pan. Pour mixture into hot regular size loaf pan and bake at 350°F. 45 to 60 minutes.

This is a delicious bread. Thanks to Barbara Montgomery for sharing this good recipe with us.

Happiness is 4-H

By Frank Sweet
Extension Agent

A big thanks to all of those who made the recent Share-the-Fun Show a big success. Special thanks go to the many parents who assisted and helped their children become invlved in 4-H Share-the-Fun. Also, recognition is due American Federal Savings and Loan for their sponsorship of the program, the 4-H Teen Leader Club for their work behind the stage and with the sound equipment, the 4-H Achievers Club for their decorations and the ACHS Drama Club for the use of their sound equipment.

* * *

Several of the Share-the-Fun acts would be especially adaptable for providing entertainment for community groups or civic clubs. Give us a call at the Extension Office if your group would be interested in having some 4-H Share-the-Fun acts perform.

* * *

March will be a busy month for many Appomattox 4-H'ers. During the month members will be planting strawberries, planting pine seedlings, establishing bicolor bespedeza plantings, preparing for 4-H presentations and putting up Bluebird houses.

* * *

A large number of 4-H'ers aged 12 and up have signed up to partiei-pate in a series of Child Care classes this month. The classes will help members gain knowledge and skills which will help them while babysitting at home or for others.

* * *

Terri Nash will present a program on her trip to National 4-H Congress to the East Central District 4-H leaders meeting in Blackstone on March 20. Terri was one of three Appomattox 4-H'ers to attend the 1981 National Congress in Chicago.

* * *

Construction started on the new swimming pool at 4-H Camp this week. Completion date is May 15. Donations of dollars are still needed to help finance the pool. Contributions, which are tax deductible, may be sent to Mrs. Janie Willson, 1409 Trents Ferry Road, Lynchburg, Va. 24503.

* * *

4-H members will begin learning about the new 4-H Presentations next week (new name for demonstrations and illustrated talks) during their regular meetings. Presenting subject matter to others is certainly one of the great opportunities in 4-H. The young people learn organization, poise and the ability to explain things in an orderly manner.

Dry spring is expected

By James A. Smith
Extension Agent

According to the current issue of **Virginia Climate Advisory** we can expect a dry and cool spring. This is the fourth consecutive season that this combination has been predicted for this section of Virginia. The prediction of 1982 is for just under normal temperature and precipitations.

* * *

This has been a cold winter, but the coldest day in Virginia was January 23, 1957. The most extreme period was February 10-13, 1899 when the temperature dropped to -29° at Monterey (the coldest temperature ever recorded at an **official** station in the state).

The Upperville, Va. **True Index** of February 18, 1899 reported, "The drifts hereabouts ranged from five to twenty feet--every road leading to town was blocked beyond passage."

"After the storm on Monday night last there was snow on the ground that would have levelled something like forty-five inches."

* * *

Large round bales may be less efficient, studies at Penn State and Tennessee report.

Penn State found total dry losses in large bales from mowing to feeding including six months outdoor storage amounted to 41%. Field losses were 10% for the large bales and 3% for small rectangular bales. Part of the loss was associated with raking to form double or triple windrows for forming round bales.

Tennessee reported 33% storage losses of dry matter when alfalfa was stored directly in contact with the ground. Placing the bales on tires only held the storage losses to 25%

There are some new ornamental fungicides registered that will interest home owners: Milban - Powdery Mildew; Chipco 26019 - Botrytis, Rhizoctonia, Sclerotium; Subdue-phytophthora, pythi u m; Bayleton - Ovulinia; Ornalin - Botrytis, Sclerotinia and Zyban - petal blight, Botrytis, Scab, black spot, Anthracnose.

* * *

At the Red House Bull Evaluation Center, Saturday, March 6, 12:00 noon will feature the sale of 42 bulls and 33 females. The bulls divide up as follows: 24 angus, 11 polled Hereford, 6 Simmental, 2 Red Angus. The heifers are split as follows: 27 angust, 5 polled Hereford and 1 Simmental.

* * *

Research at the Clay Center, Nebraska Research Station reports a 25.7 lb. weaning weight advantage for calves from cows treated with TBZ before calving. Calves from treated cows averaged 400 lbs. at weaning while calves produced by the untreated cows weighed 374.3 pounds at weaning. In addition, the cows which received 2 boluses each containing 15 grams of TBZ tended to have improved conception rates. The TBZ was administrated in January and calving began in mid-February and continued through April. These results are supported by other research results suggesting that deworming of beef cows could be a paying proposition for cattlemen.

* * *

Rumatel is a new braod spectrum cattle wormer that has received FDA clearance for beef cattle. It is not approved for daily cattle of breeding age.

It will be available as a feed premix or bolus.

Bolus will be marketed through veterinarian under the trade name "Nematel".

* * *

Cedars can now be controlled by spot treatment with either Spike or Velpar. The chemical can be moved a considerable distance. Do not use near desirable plants. Velpar can be applied as a spray or pellet form.

How fast can we handle an auto claim?
Very fast.

Nationwide agents are backed by a team of claims specialists capable of settling claims within 48 hours after proof of loss.
And Nationwide's "drive-to" claims locations help make it happen. One stop is usually all it takes.
Call a Nationwide agent. Ask about our "we were" claims service. It's an important part of Nationwide's blanket protection for your family or your business.

KENNETH E. FRANKLIN
Court St. — Appomattox, Va.
Phone 993-2752 or 352-8888

NATIONWIDE INSURANCE
Nationwide is on your side
Nationwide Mutual Insurance Company
Home Office: Columbus, Ohio

Central Virginia's Largest Selection Of
Baldwin
PIANOS . . . ORGANS . . .
Band Instruments, guitars, drums and AMPS. . .

CLEARANCE SALE
Organs for Churches & Homes
ROBERTS PIANO CO.
239-0369
8505 Timberlake Rd.
Lynchburg, Virginia
OPEN: Monday — Thursday 9-9
FRIDAY & SATURDAY 9-5

DR. VIGO H. NIELSEN
OPTOMETRIST
6 MAIN STREET

SEE US FOR YOUR EYE CARE NEEDS
PHONE 352-5474
If No Answer, call Brookneal 376-3878

We've Moved
JIM FORD
WITH STATE FARM INSURANCE CO.
MOVED TO CORNER OF
COURT ST. & HIGHLAND AVE.
Formerly Occupied by
Falling River Realty & D.M.V.
Phone 352-7916

Shop In APPOMATTOX
"Where Your Money Does The Most Good."

THE Chicken Palace
Home of Delicious Pressure Fried Chicken
ALSO HAMBURGERS, HOT DOGS, FISH SANDWICHES, ETC.
DRIVE IN OR TAKE OUT
CALL 352-2526
CONFEDERATE BLVD. — Hwy. 460

J. E. Jamerson & Sons
BUILDING MATERIALS
PAINTS—BLOCKS—WOODWORK
CEMENT, ETC.
352-8227
APPOMATTOX, VIRGINIA

H. H. Moore, Jr. Trucking Co.
GENERAL HEAVY HAULING
Specializing in Lime
State Insured
Hwy. 460 — Appomattox, Va.
PHONE 352-7371

MAUDE'S Restaurant
A Famous Restaurant . . . In a Famous Town . . .
We will be happy to arrange for Dinner Parties — Banquets — And Special Occasion Events — Call 352-7211 For Reservations.
"It's Better at Maude's"

OSCAR JAMERSON & SONS
Pulpwood Dealer
DIAL 352-5505
APPOMATTOX, VIRGINIA

Moses Motor Co., Inc.
CHEVROLET
SALES AND SERVICE
THAT SATISFIES
DIAL 352-5440
Appomattox

•XEROX COPIES •OFFICE SUPPLIES
•ART SUPPLIES •RUBBER STAMPS
•MAGNETIC SIGNS
•OFFICE FURNITURE
•WEDDING INVITATIONS
Appomattox Office Supply
Lower Level — Times-Virginian Bldg.
507 Court St. — Appomattox
PHONE 352-7684

Jamerson Bros. TRUCKING CO., INC.
PHONE 352-8211
★ Local and Long Distance Hauling
APPOMATTOX, VA.

CENTRAL FIDELITY BANK
Your Area
FULL SERVICE BANK
APPOMATTOX, VA.

BURGER KING
HIGHWAY 460 — Appomattox
"We Make It Your Way"

Keep Up With The Kids.
READ THE
Times-Virginian

KING'S Supermarket
TRIANGLE PLAZA—APPOMATTOX
Red Carpet Service

D. S. NASH Construction Co.
Grading and Paving
Phone 352-8784
APPOMATTOX, VA.

WILBUN'S Super Market
Your Hometown Supermarket
Specializing in U.S. Choice Western Beef & Quality Groceries at Budget Prices
APPOMATTOX, VIRGINIA

Appomattox HDWE. CO., INC.
A Complete Line of Hardwares
Appliances — Plumbing
Houseware
DISTRIBUTOR OF
AMOCO PRODUCTS—FUEL OIL AND GASOLINE

Classifieds Get Results
CALL
352-8215
Times-Virginian

Farmers National BANK
Member F.D.I.C.
Member Federal Reserve
DIAL 352-7171
Appomattox, Virginia

MONUMENTS
•MARKERS •DEATH DATES
•CLEANING & REPAIRING
VISIT OUR DISPLAY ACROSS FROM LIBERTY CEMETERY
Johnny Simpson
DAY 352-5646 NIGHT 352-8009

The Times-Virginian
YOUR HOMETOWN NEWSPAPER

John Mosby Inn Restaurant
Daily Buffet — $2.85
Friday Night Buffet — $3.50
Sunday Buffet — $4.50
Enjoy Our Delicious Buffet or ORDER From Our Menu
Catering For All Occasions
ABC License
Appomattox, Va. 352-5990

Prospect Equipment Co., Inc.
•HARDWARE •LIQUID FERTILIZER
•DRY FERTILIZER •LIQUID NITROGEN
•TRUCK SPREADING
•SEED CLEANING
•SEED CORN
•PULL TYPE SPREADERS AVAILABLE
DEALER OF
Farmer's Cooperative Fertilizer Purchasers, Inc.
F.C.F.P., INC.
574-6650 or after 6 p.m. 574-6359

BARBARA McCORMICK looks on while her husband, Edward receivies retirement certificate from Captain Kinnard, CO US Naval Subase, Bangor, WA.

McCormick retires from Navy

BMCM Edward N. McCormick, son of Eva A. McCormick and the late Lewis S. McCormick of Appomattox, retired on Feb. 1 from the U. S. Navy after 31 years and 14 different duty stations.

The retirement ceremony was held at U. S. Naval Subbase, Bangor, Wa., with full ceremonies.

His last official duty was to inspect the ship's company.

Edward and his wife, Barbara, now make their home in Silverdale, Wa.

ASCS Today

Program sign-ups begin

By Tom Conrad
Reduced Acreage Sign-up Began February 16

Farmers who wish to participate in the U. S. Department of Agriculture's reduced acreage programs for wheat and feed grains started signing up for the programs February 16.

While the programs are voluntary, only farmers who participate in the program will be eligible for program benefits such as government price support loans and target price protection and the farmer-owned grain reserve.

County ASCS offices will handle the sign-up, which continues through April 16.

To be eligible to receive program benefits, feed grain producers must reduce their acreage planted to feed grains, (barley, corn, oats and sorghum) by at least 10 percent form an established base. Two bases will be set; one will include corn and sorghum and one will include barley and oats.

Participants in the wheat acreage reduction program must reduce their acreage planted for harvest by at least 15 percent from their established acreage bases.

The bases for these crops generally will be the higher of the 1981 crop acreage or the average of the 1980-81 crop acreages. However, for farmers that have been following a definite crop rotation pattern, the base will reflect such rotation.

Farmers who sign up may change their minds up to the time they report their acreage. State Agricultural Stabilization and Conservation committees will establish reporting dates for each crop.

USDA will issue its first sign-up report about March 16 and will report weekly sign-up progress until registration is completed.

Virginia Agriculture Week - The week of March 14-20 has been designated as Virginia Agriculture Week.

Agriculture is Virginia's largest industry. In 1981 it generated between $5.5 and $6.0 billion to the total economy.

Some 50 percent of the state's manufacturing work force is related to agriculture and agribusiness. Over $2 billion worth of agricultural products move through Virginia ports annually. Of this amount approximately $320 million are Virginia farm products. Two out of every 5 acres of Virginia's major crops are exported.

These statistics become even more astounding when you realize that it all starts at the farm where less than 2 percent of the population of the Old Dominion works on 39 percent of the land area. There are 75,000 full-time equivalent farm workers on Virginia's 59,000 farms.

Top ten counties in farm income: Rockingham, Pittsylvania, Augusta, Accomack, Southampton, Shenandoah, Halifax, Washington, Loudon, and Suffolk.

Shorthand course set

A shorthand refresher course will be offered by the Appomattox County School Board beginning Tuesday night, March 9, at 7:00 in the Business Education Departmet at the Appomattox County High School. The class will meet each Tuesday and Thursday night for a period of six weeks for a total of thirty hours of instruction. Each class period will be from 7:00 until 9:30 p.m. A tuition charge of twenty dollars, which will include the loan of textbooks, will be made for each participant in the class.

This refresher course is designed for persons who have had Gregg shorthand sometime in the past and for various reasons need to regain skill in this area. Instruction will be given to refresh theory and practice will be provided to develop speed.

Persons interested in this refresher course are requested to preregister by calling the Appomattox County School Board Office at 352-8253 between the hours of 8:30 a.m. and 5:00 p.m. Ten persons are needed to offer the course.

Instructor fo the class will be Mrs. Doren Cutright, a qualified business education instructor.

SPRING CLEANING SALE
ALL CRAFT SUPPLIES 30%—50% OFF
STOCK UP NOW FOR BIBLE SCHOOL AND OTHER SUMMER PROJECTS
DMC FLOSS — 25¢ A SKEIN
CHOCOLATE — $1.75 LB.
Cake Pans — Buy one, get the 2nd ½ price
Candy Molds — Buy 1, get the 2nd for $1.00
THREE DAYS ONLY — THURS., FRI. & SAT.
Jen's & Cindy's
CAKE DECORATING & CRAFT SUPPLIES
201 N. Church St. — Appomattox
PHONE 352-2687

DO IT YOURSELF WITH SAKRETE®

SAKRETE® MORTAR MIX
Give your home the added beauty of brick, stone and block creations. Use SAKRETE Mortar Mix. Depend on SAKRETE for money-saving home improvements.

SAKRETE® SAND MIX
Easy-to-use SAKRETE Sand Mix lets you make permanent, economical concrete repairs. For secure patching and smooth re-surfacing, depend on SAKRETE.

SAKRETE® CONCRETE MIX
The one mix for nearly every concrete need—SAKRETE Concrete Mix. Easy to use, economical too. Just add water for strong beautiful concrete projects.

J. E. SEARS & CO.
1926 — Our 56th Year — 1982
"EVERYTHING TO BUILD ANYTHING"
PHONE: Appomattox — 352-7138

Bloodmobile a success

Bill Hunter

At the February 22 visit of the Bloodmobile, a total of 138 units of blood was collected and 14 first time donors participated. They were John E. Tolbert, Bertha Wright, Elton Trent, Ronald Collins, Amber Clark, Terri Nash, Rhonda McCormick, Chelsea Ramona Martin, Lisa Lee, Deborah Watson, Otis E. Goin, Jr., J. R. Harvey, Pamela L. Mann, and David Johnson.

William A. Hunter of the Farmers National Bank received a Nine Gallon pin. Other donors who received pins were: Ruby M. Reynolds, five gallon pin; Lynn M. Lucado, three gallon pin, Robert Dyess, three gallon pin, and John T. Williams, three gallon pin. Two gallon pins went to Wanda H. Booth, and James A. Lucado. Donors receiving one gallon pins were: Ralph J. Arrington, Helen Poe Beaty, and Dale M. Guill.

"Thanks to all you people, our February visit was most successful," said Mrs. Alice Martin, Chairman of Blood Services for Appomattox County.

Our total collection of 138 units was over the top by quite a bit; The **Times-Virginian** gave good coverage, also WTTX with a remote at the collection site, and with the help of volunteers and donors, and Bible Baptist Church doing such an excellent job with the canteen, we had the greatest team possible," concluded Mrs. Martin.

Junior FHA meets

By Priscilla Bryant

The Appomattox Junior Chapter FHA held its February meeting on Feb. 25, 1982. Vice president Jo Ann Jamerson presided.

The program was a talent show hosted by recreation leader Angel Goode. Participants were Annette Turner, Angela Jaggers, Jennifer Schmutz, Monica Stratton, Cheryl Austin, Ada Hunter, Jeannine Johnson, Candace Hix, Steve Woods, Lara McGrath, Lisa Gillispie and Aretha Johnson.

Winners were: **1st place** Angela Jaggers, Jennifer Schmutz and Monica Stratton, singing "In The Navy"; **2nd place** - Annette Turner singing "If God is Dead"; **3rd place**-Lara McGrath singing "Make A Move On Me."

OFFICERS OF SOUTHSIDE Lodge #191 at Pamplin were named at the lodge's most recent meeting. Shown from left to right are Bill Stone, senior deacon; Weldon S. Covington, treasurer; Richard Stockton, senior warden; Anthony Pinelli, Jr., worshipful master; Bernard A. Slayton, secretary; George W. Moore, Jr., junior warden; Horace W. Coleman, Jr., chaplain; and Thomas D. Harris, deacon.

Mike Childress deployed

Marine Lance Cpl Michael L. Childress, son of Patricia Flynn of Route 1, Box 32R, Concord, Va., recently deployed to Norway to participate in the NATO exercise "Alloy Express."

He is a member of 1st Battalion, 10th Marines, 36th Marine Amphibious Unit (MAU), Camp Lejeune, N.C.

HOLD IT!
Don't buy that used car until you've talked to us .... we can probably save you money.

Great Buys On Quality Used Trucks & Economy Cars!

1981 Chevrolet - Luv — Long Wheel Base - White - Blue Vinyl Trim - 4 Speed - AM/FM Radio - Sliding Rear Window - Step Bumper - Only 2,400 Miles

1980 Chevrolet - Scottsdale - 8 Ft. Fleetside - Burnt Orange/Sante tetan - Diesel Equipment - Air Conditioned - H.D. Rear Springs - Dual Fuel Tanks - AM/FM Radio - Step Bumper - Gages - Only 18,000 Miles

1978 Chevrolet - 8 Ft. Fleetside - White - Blue Interior - Custom Deluxe - 250 - 6 Cylinder - Automatic - P. Steering - Step Bumper - AM Radio

1978 Chevrolet - 8 Ft. Fleetside - B. Orange - Tan - 350 - V-8 - 4 BBL - Big 10 - H. D. Chassis Equipment - Step Bumper - 4 Speed Transmission.

1979 Ford - F100 - 6½ Ft. - Black - Red Seat - Step Bumper - 6 Cylinder - 4 Speed Overdrive - AM Radio

1976 Chevrolet - Stepside - 6½ Ft. - Red - Tan Interior - 350 V-8 - 3 Speed Manual Transmission - P. Steering - Step Bumper

1977 Ford - Courier - Brown - Camper Shell - AM Radio - Automatic - Step Bumper

1978 Chevrolet - Crew Cab

1974 Chevrolet - Fleetside - Custom Deluxe - 8 Ft. - Maroon - 350 V-8 - Automatic - Power Steering - H.D. Springs - Dual Tanks

1975 Jeep Cherokee

★ **Economy Cars** ★

1980 VW Jetter - 2 Dr. Coupe - Green - Tan Interior - 5 Speed - AM/FM Stereo Cassette - Real Gas Saver

1980 Chevrolet - Chevette - 4 Dr. - Beige - Tan Interior - 4 Speed - AM/FM Radio

1980 Chevrolet - Chevette - 2 Dr. - Beige - Tan Interior - 4 Speed - AM/FM Cassette - 30,800 Miles

1980 Chevrolet - Chevette - 4 Dr. - Green - Tan Interior - 4 Speed - Air Conditioning - AM Radio

1979 Mercury - Bobcat - 2 Door - Red - Automatic - AM/FM Radio

1979 Chevrolet - Chevette - 4 Dr. - Silver - Blue Interior - Automatic - Air Conditioned - AM Radio

1979 Chevrolet - Chevette - 4 Dr. - Yellow - Tan Interior - Automatic - AM/FM Radio

KEEP THAT GREAT GM FEELING WITH GENUINE GM PARTS.
GM QUALITY SERVICE PARTS
GENERAL MOTORS PARTS DIVISION

MOSES MOTOR CO., INC.
Phone 352-5440
ROUTE 460 — MOSES ST. APPOMATTOX
Dealer License 3